

# JAPANESE TERMINOLOGY

## Kenkojuku Shotokan Karate

General Terms			Counting	
Karate	Empty hand		Ichi	One
Dojo	Training hall		Ni	Two
Gi	Uniform		San	Three
Obi	Belt		Shi / Yon	Four
Sensei	Instructor		Go	Five
Sempai	Senior Student		Roku	Six
Kohai	Junior Student		Shichi	Seven
Karate-ka	Student, Practitioner		Hachi	Eight
Hajime	Begin		Ku	Nine
Yame	Stop		Ju	Ten
Yoi	Ready		Ju ich	Eleven
Migi	Right		Ju ni	Twelve
Hidari	Left		Ni ju	Twenty
Shomen / Mae	Front, Front of dojo		Ni ju ich	Twentyone
Ushiro	Back		Ni ju ni	Twentytwo
Yoko	Side		San ju	Thirty
Mawatte	Turn around		Yon ju	Forty
Gyaku	Reverse		Go ju	Fifty
Jodan	Upper area		Roku ju	Sixty
Chudan	Middle area		Shichi ju	Seventy
Gedan	Lower area		Hachi ju	Eighty
Ashi o kaete	Change stance		Ku ju	Ninety
Te o kaete	Change hands		Hyaku	One hundred
Formalities			Other Terms	
Rei	Bow		Kihon	Basic Techniques
Seiza	Kneel down		Kata	Specific Movements
Oos / Osu	Greetings, Understood		Kumite	Sparring
Hai	Yes		Ippon kumite	One step sparring
Mokuso	Meditate, Clear the mind		Sanbon kumite	Three step sparring
Mokuso Yame akete	Stop meditation open eyes		Jiyu ippon kumite	Free one-step sparring
Shugo	Line up		Ju/Jiyu kumite	Free fighting
Ki-o-tsuke	Attention		Jippon kumite	Ten step sparring
Sensei-ni	Face the teacher		Jiyu renshu	Free practice
Shomen-ni	Face the front		Ibuke	Heavy, Forced breathing
Otagi-ni	Face partner		Nogare	Controlled breathing technique
Tatte	Stand up			
Onegai-shimasu	Please teach me			
Arigato gozaimasu	Thank you all			
Arigato gozaimashita	Thank you very much			
Ki-ai	Spirit meeting, Shout			
Minna san	Everyone			

<b>Stances</b>			<b>Hand Strikes</b>	
Hachiji-dachi (Yoi)	Natural (Ready)		Tsuki, zuki	Punch
Kiba-dachi	Horse riding		Uraken	Inverted fist/Backfist
Zenkutsu dachi	Forward leaning		Uraken uchi	Back fist, strike
Kokutsu dachi	Backward leaning		Uraken sayu uchi	Downward backfist strike
Heisoku dachi	Formal Attention (Yoi)		Ura tsuki	Close quarter punch
Sanchin dachi	Hourglass		Ura age tsuki	Rising close quarter punch (upper cut)
Neko ashi dachi	Cat stance		Seiken	Forefist, regular fist
Tsuru ashi dachi	Crane stance		Tettsui	Hammer fist
Musubi dachi	Heels together		Tettsui hasami uchi	Hammer-fist scissor strike
Heiko dachi	Parallel stance		Tettsui yoko uchi	Side Hammer-fist
Kake dachi	Hooked leg stance (crossed at the ankles)		Kami tsukami	Hair grab
Kosa dachi	Cross-legged stance (used in preparation of a turn)		Shotei uchi	Palm heel thrust
Uchi Hachijii dachi	Pigeon toe		Nukite uchi	Finger thrust, spear
Teiji dachi	T stance		Hiraken uchi	Half clenched hand, Fore-knuckle-fist
Renoji dachi	L stance		Kagi tsuki	Hook punch
Shiko dachi	Sumo, square stance		Koken	Bent wrist
Fudo dachi	Rooted fighting stance		Keiko	Chicken Beak Strike
Kamae	Combative preparatory posture		Haishu uchi	Backhand strike
Heisoku Kamae dachi	Combat preparatory formal attention position		Shuto uchi	Knife hand strike
Koshi kamae	Hip preparatory position		Choku-tsuki	Straight punch
Ryoken koshi kamae	Double hip prep position		Oi tsuki	Lunge punch
Fudo dachi	Rooted (immovable) stance		Haito	Ridge-hand, Inner Knife hand
Hangetsu dachi	Half-moon stance		Kyaku/Gyaku tsuki	Reverse punch
			Empi uchi	Elbow strike
			Age empi uchi	Rising elbow strike
			Mawashi Empi uchi	Roundhouse elbow strike
			Ushiro empi uchi	Backward elbow strike
			Kizami tsuki	Jabbing punch
			Morote tsuki	Double punch
			Yama tsuki	Wide double fist strike

<b>Kicks</b>			<b>Blocks</b>	
Geru, keru	Kick		Uke	Block
Mae geru	Front kick		Age uke	Rising block
Mae ashi geru	Kicking with front leg		Chudan uke	Middle area block
Mae geru kekomi	Front thrust kick		Gedan barai uke	Lower sweeping block
Mawashi geru	Roundhouse kick		Empi uke	Elbow block
Mae ashi mawashi geru	Roundhouse kick using front leg		Juji uke	X block
Uchi mawashi geru	Inside roundhouse kick		Morote uke	Double forearm block
Ushiro mawashi geru	Spinning backward roundhouse		Haiwan uke	Outer forearm square side block
Ura mawashi geru	Hooking roundhouse kick (full leg extension)		Kaisho haiwan uke	Open palm outer forearm square side block
Ushiro geru	Back kick		Kaisho age uke	Open palm rising block
Yoko geru	Side kick		Kake/Kagi uke	Hooking block
			Kakiwake uke	Floating x block, two handed block
Kansetsu geru	Joint kick		Nagashi uke	Palm sweep/flowing block
Tobi geru	Jumping kick		Shuto age uke	Rising knife hand block
Hiza geru	Knee kick		Shuto uke	Knife hand block
Tobi hiza geru	Jumping knee kick		Sukui uke	Scooping block
Tobi mawashi geru	Jumping roundhouse		Shotei uke	Palm heel block
Kake geru	Hook kick (partial extension)		Soto uke	Outside forearm block
Ashi barai	Foot sweep		Uchi uke	Inside middle block
Kakato otoshi	Heel drop		Osae uke	Pressing block
Fumikomi	Stomp		Ryo Shò juji osae uke	Crossed palms pressing block
Kin geru	Kick in the groin		Manji Uke	Double block – gedan uke jodan uchi uke
Mawashi hiza geru	Circular knee kick		Kosa uke	Crossing arm block
Mika tsuki geru	Crescent kick			
Ushiro kekomi	Backward thrust kick		<b>Leg Blocks</b>	
Yoko geru keage	Side snap kick		Ashikubi kake uke	Hooking ankle block
Yoko geru kekomi	Side thrust kick		Mika tsuki geru uke	Crescent kick block
Yoko tobi geru	Side jumping kick		Nami ashi	(Inward) Leg snapping wave block
			Sokuto osae uke	Pressing foot-edge block
			Sokutei osae uke	Pressing sole block

<b>Parts of the Body</b>				
Atama	Head		Te	Hand
Kami	Hair		Yubi	Finger
Hana	Nose		Sho	Palm
Kuchi	Mouth		Ken	Fist
Ganmen	Temple, Face		Tekubi	Wrist
Gan	Eye		Seiken	Fore-fist
Shomen	Front, Top of head, Face		Koken	Bent Wrist, Wrist joint
Hitai	Forehead		Ude	Forearm
Ago	Jaw, Chin		Haiwan	Outer forearm
Kubi	Neck		Wan	Arm
Amado	Lower neck.		Hiji / Empi	Elbow
Hichu	Adams apple		Kata	Shoulder
Sakotsu	Collar bone		Hiza	Knee
Danchu	Sternum		Ashi	Foot or leg
Futokoro	Chest		Ashi kubi	Ankle
Denko / Fukubu	Abdomen		Ashi yubi	Toes
Hizo	Spleen		Tsumasaki	Tips of the toes
Kin	Groin		Sokuto	Knife foot, Foot edge
Seiki	Genitals		Haisoku / Heisoku	Instep, Top of the foot
Senaka	Back, spine		Chusoku, josokutei	Ball of foot
Shakkatsu denko	Lumbar region		Kakato / Kagato	Heel
Koshi / Goshi	Hip or Pelvis		Sokutei / Teisoku	Sole of the foot

Many of these words will not be found in a Japanese-English dictionary. In Japanese, the words and word order changes depending on whether one is speaking to an equal or friend, or a superior or to an inferior. Many dojo terms, being command words, are not used in talking to Japanese people outside the dojo.